

TIP OF THE

Nov. 12, 2004

SWORD

Incirlik Air Base, Turkey



Battling the trots

Research continues to help people everywhere

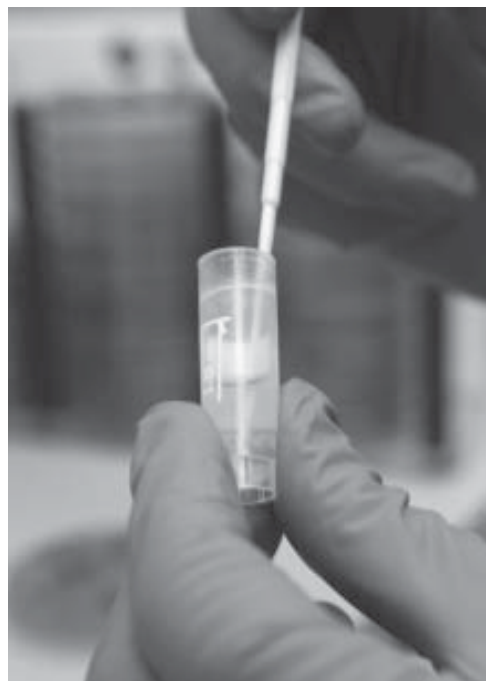


Photo by Senior Airman Dallas Edwards

Diarrhea, commonly referred to locally as the Turkish Trots, claims victims here at a rate that is 10 to 15 times higher than anywhere else in the European theater. See related story, Page 6.

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Photo By Staff Sgt. Angela Malek

(Left to right) Staff Sgt. Maggie Horton, U.S. Air Forces in Europe Command Section NCO in charge, Gen. Robert H. "Doc" Foglesong, USAFE commander, his wife, Mary Foglesong, and Chief Master Sgt. Gary Coleman, USAFE command chief, fill out Combat Wingman cards during Wingman Day Monday, pledging commitment to look out for each other's welfare.

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Kathy Shoemaker, 39th Medical Squadron laboratory technician, checks a stool sample as part of a diarrhea study measuring the impact traveler's diarrhea has on the mission. See related story, Page 6. (Photo by Senior Airman Dallas Edwards.)

Editorial Staff

Col. Michael Gardiner, 39th Air Base Wing Commander
Capt. Rickardo Bodden, Public Affairs Chief
Tech. Sgt. Robert Burgess, Public Affairs NCOIC
Staff Sgt. Shanda De Anda, Internal Information, NCOIC
Airman 1st Class Stephanie Hammer, Editor
Mehmet Birbiri, Host Nation Adviser

10th Tanker Base Commander
Brig. Gen. H. Levent Turkmen

The 39th Air Base Wing Public Affairs staff prepares all editorial content in the *Tip of the Sword*. The 39th ABW Public Affairs Office (Unit 7090, Box 135, APO AE 09824-5153) is located in Building 833, Room 274.
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Just say no

Drug testing program targets those most likely to use

By Staff Sgt. C. Todd Lopez
Air Force Print News

WASHINGTON – A recent change to the Air Force's drug testing program aims to further reduce the number of substance abusers by targeting Airmen most likely to use them.

The Air Force began its "Smart Testing" program Oct. 1, at three major commands. Under the program, individuals in the group shown to most likely use illicit drugs are being tested at a higher frequency than the rest of the population. That target group includes those in the ranks of airman basic through senior airman and first and second lieutenants, said Col. Wayne Talcott, community protection division chief of the Air Force Medical Support Agency at Brooks City-Base, Texas.

"What we are really trying to do with Smart Testing is target the portion of our population that has the highest prevalence of drug use," he said. "That is basically 18-25 year olds."

Colonel Talcott said Department of Defense research shows the target group is four times more likely to have a positive urinalysis than the remainder of the force. He also said that while the group makes up only 40 percent of the Air Force's total end strength, they are responsible for 86 percent of positive drug tests.

As part of Smart Testing, the Air Force will increase the number of random drug tests it performs on the target group to equal the number of people in the group, said Colonel Talcott.

"We have already started Smart Testing at three major commands," he said. "Slowly, through the rest of October and into November you'll see Smart Testing across the Air Force."

The Air Force previously used a test rate of 64 percent per year, Colonel Talcott said. This means that of 376,900 Airmen, about 241,220 drug tests would be performed during the course of the year. In October, the test rate for the target group increased, though it remained at 64 percent for the rest of the people.

Colonel Talcott said the system is fair because names are chosen at random by computer.

"We have a software program that has a listing of all the active duty (Airmen) that are subject to drug testing," Colonel Talcott said. "The software selects names randomly for the numbers of tests we intend to run."

He also said that after a name is selected for drug testing, it is immediately put back into the system.

"That's often called 'selection with replacement,'" Colonel Talcott said. "That means that once you have been selected and tested, your name goes right back in the hopper for the next time they pull names."

Because names are put back into the system and because they are drawn randomly, individuals cannot predict when they will be tested, or how many times they will be tested during the year, Colonel Talcott said.

For Airmen in the target group, what they can predict is that they are more likely to be tested now than they were in the past.

Operation Nightowl lands at Incirlik

Sixty Airmen randomly selected for drug testing

By Staff Sgt. Shanda De Anda
39th Air Base Wing Public Affairs

As part of Operation Nightowl, sixty Incirlik Airmen were randomly selected to report to the clinic for drug testing during the first inspection of the year Nov. 1.

Operation Nightowl helps illustrate that servicemembers can be selected for drug testing at any time and, according to 39th Air Base Wing Staff Judge Advocate officials, it is virtually no different than the random selection process used by demand reduction at the clinic. The legal office, in conjunction with the demand reduction office, has conducted Operation Nightowl at Incirlik for more than two years.

"The wing commander chooses the number of people to be tested at random," said Capt. Mechel Campbell, 39th ABW military justice chief. "Although there is no evidence of a drug problem at Incirlik, keeping the dates, times and places of these inspections a secret makes an Airman's decision to use drugs a game of Russian roulette."

During this inspection, all active-duty Airmen, whether driving or walking, were subject to being chosen at random. The purpose of these inspections and random testing are to help maintain the health and wellness of the force by helping to ensure it is drug free.

"Perhaps the most important result of these inspections is that they serve as a deterrent," said Captain Campbell.

Once selected, Airmen reported to the clinic for testing. Although the amount of time required to perform testing varies depending on the amount of people selected and a person's place in line, the demand reduction office gets people in and out as quickly as possible.

"Team Incirlik is dedicated to the mission, and these inspections are just another tool that we use to help ensure Airmen are fit for the fight," said Col. Michael Gardiner, 39th ABW commander. "The inconvenience of the time testing requires is well worth the cost if it deters just one Airman from making the potentially career-ending choice to use drugs."

For more information, call Captain Campbell at 6-6800.



Photo by Airman Bradley Lail

Combat Proud

Michael Shivers, ITT antenna technician, uses a wrench to steady the folds over a curtain on a 4-30 megahertz rotatable log periodic antenna as part of U.S. Air Forces in Europe's Combat Proud program. The program is a base clean up program established by USAFE Commander Gen. Robert "Doc" Foglesong. The RLP antenna is being replaced with new satellite systems.

Paper LES program shredded to make way for digital delivery

By Staff Sgt. C. Todd Lopez
Air Force Print News

WASHINGTON – Airmen will get one less piece of mail now that the Defense Finance and Accounting Service stopped sending paper leave and earnings statements this month.

Airmen will not go without the critical information the LES provides because it is now available via the service's myPay Web site, said Col. Patrick Coe, director of the Air Force Accounting and Finance Office.

"You can now access this information anywhere you have access to a computer," Colonel Coe said. "And most of the active-duty force already has a PIN for myPay."

The information in the electronic LES is the same as the old, but the Air Force is looking for ways to expand and make the electronic version easier to use.

The Air Force asked DFAS officials to stop providing the paper version to save nearly \$4 million a year in printing and mailing costs. Another motive, Colonel Coe said, was to familiarize Airmen with the functions available on the site.

"Turning off the paper LES requires people to go out to the Web site to (get) information," Colonel Coe said. "This will expose them to (other functions) such as changing their allotments or looking at Thrift Savings Plan data."

"We are looking for the active-duty force to get used to a Web-based service," he continued. "When we do our personal finances, how often do we walk into a financial institution like a bank? We do these things online. This really is a smart way to go — the way of the future. The electronic LES is the first step."

The myPay Web site is online at <https://mypay.dfas.mil>, or through the Air Force Portal at <https://my.af.mil>.

USAFE develops new training course

Course designed to enhance quality of training in command

By Capt. Kim Layne
USAFE News Service

RAMSTEIN AIR BASE, Germany – Twelve U.S. Air Forces in Europe members from various career fields recently had the opportunity to attend USAFE University's first "Train the trainer" course.

Designed to enhance the quality of training in the command, the USAFE University-sponsored course is the first of its kind to be taught at Ramstein Air Base, Germany. Before its existence, there was no command-wide baseline for standardized training.

"The primary purpose of the course is to provide instructors and briefers the opportunity to examine strategies of effective teaching then apply those learned behaviors," said

Rick Power, USAFE University's senior advisor to the USAFE commander. "The course is based on Air Force principles of instruction and commercial sources."

Tailored more for instructors than supervisors, the class teaches the fundamentals of class instruction, he said.

"These fundamentals include lesson planning, classroom organization, student-teacher communication and using different kinds of media as a resource. The students will then take what they've learned and apply it to their own teaching methods."

The first participants of the class represented members from many Air Force specialties, said Mr. Power. There were representatives from personnel, intelligence, security forces, surgeon general and legal.

"That just goes to show that many people can benefit from this type of training," he said. "Not only will the trainer feel more comfortable, but the people he/she trains will benefit as well."

One student can already see the difference

the training made.

"The class really taught me how to teach in front of large audiences," said Senior Airman Leslie, Irizarry, 435th Security Forces Squadron unit scheduler. "I had many questions regarding instructing, and this course allowed me the opportunity to develop a base to start with."

In addition to slide presentations, the students were also given a student guide with information and references and a workbook.

"This material will provide the students with a valuable resource they will need and use once they go back to their jobs," said Mr. Power.

According to Mr. Power, there are plans to expand the course to other USAFE bases. The feedback from this class will be evaluated and some adjustments will be made in the curriculum before the class is taught here again then set up at other bases.

"I am very excited about this course," he said. "This is a ground-breaking Air Force training benchmark. We bring all specialties under one umbrella, and everyone will benefit from that."

Tax relief act works for low-income troops in combat zones

By Samantha Quigley
American Forces Press Service

WASHINGTON—Servicemembers in combat zones stand to reap tax benefits from provisions in the Working Families Tax Relief Act of 2004, which President Bush signed into law Oct. 4.

Income earned in combat zones is not taxed; however, the Child Tax Credit and the Earned Income Tax Credit are dependent on taxable-income figures. This had previously left a number of servicemembers at a disadvantage, Army Lt. Col. Janet Fenton said.

“When servicemembers are in combat zone areas, they have a lot of their earned income excluded for income tax purposes. These two particular credits, in order to qualify for them, require you to have income that’s included for income tax purposes as gross income,” said Colonel Fenton, executive director of the Armed Forces Tax Council. “So a lot of our junior members were losing out on these tax credits because it appeared for tax purposes that they did not have (enough) taxable income.”

The Earned Income Tax Credit affects many servicemembers, and the CTC applies to anyone with a qualifying child. When considering the EITC, servicemembers can elect to include or exclude their tax-exempt pay earned in a combat zone, whichever will provide the greatest benefit.

While servicemembers with children will find the greatest benefit from EITC, it should not be dismissed just because there are no children in the family. It is still possible to qualify, but the income cap is much lower and there is an age requirement that must be met.

If servicemembers are eligible for the Child Tax Credit, they do need to be aware that it is

different than the EITC in regard to the combat zone pay situation, Colonel Fenton said. Including combat zone pay as part of total wages is not optional for the CTC. However, the formula to determine CTC has been reworked, and the amount that is refundable was increased from 10 to 15 percent.

This could easily work in servicemembers’ favor because, again, many appeared to have no taxable income and were losing out on this credit because they were not earning enough to qualify.

“This way, we suspect that more junior (servicemembers) will actually qualify for a portion of the refundable tax credit,” Colonel Fenton said.

The 2004 act extended the CTC at \$1,000 per qualifying child through 2010; the previous amount was \$700 per child.

Colonel Fenton said officials have estimated that 114,989 servicemembers will qualify for these tax credits. The estimate only takes into account military incomes of less than \$35,000 if the servicemember is not in a combat zone. It also does not take into account a spouse’s salary.

She said the Defense Finance and Accounting Service will make it easier to determine what was taxed and what was not by reporting tax-exempt pay earned in a combat zone in Box 14 of each servicemembers’ W-2 form.

“We don’t want to confuse people with this election (of inclusion or exclusion of pay). Their (combat zone income) is still excluded for income tax purposes,” she said. “It’s only included to see if they can qualify for the additional credit.”

This rule change is not retroactive, Colonel Fenton said. No amendments can be filed for previous tax years.



IN
BRIEF

DOD officials ‘pause’ anthrax vaccination program

WASHINGTON—Department of Defense officials are “pausing” the anthrax vaccination program while they review a preliminary injunction issued Oct. 27 by the U.S. District Court for the District of Columbia.

The injunction did not question the safety and effectiveness of the anthrax vaccine or the DOD immunization program. The injunction centered on Food and Drug Administration procedural issues stating that additional public comment should have been sought before FDA officials issued their final rule in December 2003, a DOD spokesman said.

Defense officials said the vaccination program is an important force protection measure. Research conducted by several prominent medical experts and a report by the National Academy of Sciences have shown that the anthrax vaccine is safe and effective for all forms of anthrax exposure.

As a result of the injunction, DOD officials said they will pause the vaccinations until the legal situation is clarified.

The ruling is similar to the judge’s injunction issued in December 2003. At that time, DOD officials also paused the program pending clarification of the legal issues. The 2003 injunction was lifted roughly two weeks later.

DOD remains convinced the program complies with all the legal requirements, and the vaccine is safe and effective, officials said.

A copy of Secretary of Defense Donald Rumsfeld’s memorandum concerning the action is at www.defenselink.mil/news/Oct2004/d20041027anthrax.pdf.

Driver license requirements

In many states, dependents are exempt from obtaining a license in the state where the military member is stationed while some states require dependents to obtain licenses in the state if they are employed there. Some overseas installations issue dependents military driver licenses, which are valid in the host country, while other countries require dependents to possess international driver licenses. Check local laws to determine the requirements for a particular state or host country. For more information, call Capt. Monica Lewallen at DSN 227-0413.

Operation Season’s Greetings coming to Incirlik

ROBINS AIR FORCE BASE, Ga.—Air Force Reserve Command and U.S. Air Forces in Europe will mix air power with amp power when they join world-famous rockers and National Football League cheerleaders to stage a whirlwind, five-country concert tour Dec. 5 through 16.

Headquarters USAF at Ramstein Air Base, Germany, and Headquarters AFRC at Robins Air Force Base, Ga., are co-sponsoring Operation Season’s Greetings.

The rock-and-roll tour features Blues Travelers and four New England Patriots Cheerleaders, along with musicians and technicians from the Band of U.S. Air Force Reserve and the USAF Band.

The Operation Season’s Greetings tour will perform at Lajes Field, Azores; Incirlik AB, Turkey; Ramstein AB and Spangdahlem AB, Germany; Royal Air Force Menwith Hill and RAF Lakenheath, England; and Keflavik, Iceland.



Photo by Senior Airman Dallas Edwards

Kathy Shoemaker, 39th Medical Squadron laboratory technician, checks a stool sample in a petri dish. The sample is part of a diarrhea study being conducted by the Navy Medical Research Unit 3, which is measuring the impact that Enteric Disease (traveler's diarrhea) has on the mission here.

Research continues at Incirlik

Studies at Incirlik may have worldwide benefit

By Staff Sgt. Shanda De Anda
39th Air Base Wing Public Affairs

Airmen who move from base to base may be accustomed to an adjustment period that runs the gamut from jet lag to climate changes, from culture shock to the crud. At Incirlik while battling one or several of these, Airmen may also have to draw their swords and hone their defenses for a battle against traveler's diarrhea.

Diarrhea claims victims here at a rate that is 10 to 15 times higher than anywhere else in the European theater. It is so common that it is referred to locally as the Turkish Trots. Its usual modus operandi leaves its victim incapacitated for three days or more, which often leads to at least a day of missed work.

The seriousness and frequency of diarrhea prompted the 1998 decision of base officials to contact the Centers for Disease Control and Prevention in Atlanta. In turn, the CDC got in touch with Naval Medical Research Unit-3 in Cairo, Egypt, which oversees this area. They sent a team to Incirlik to evaluate the problem.

"NAMRU-3 has worked with the 39th Medical Squadron since 2000 to evaluate diarrhea at Incirlik," said Carla Frankart, NAMRU-3 Incirlik research study coordinator. "While our initial goal was to identify the causes of diarrhea and look for opportunities to prevent it here, our studies are now designed to learn more from the Incirlik experience to help personnel everywhere."

The NAMRU-3 on-site research team consists of four people: a study physician, a nurse research coordinator and two lab technicians. In support of this project about 30 other research laboratory personnel, physicians and epidemiologists have been temporarily assigned here and another 100 people in Cairo and Washington DC were involved in performing lab tests or analyzing epidemiological data collected at Incirlik.

The overall goal of NAMRU-3 and the staff working on the project is to prevent diarrhea, which interferes with accomplishing the mission. NAMRU-3 has spent more than \$500,000 on this project so far as a means of reaching that goal. This, like all of NAMRU-3 research projects, is funded by research grants, which NAMRU-3 competes for with universities, small companies and other military organizations. Although receiving these funds may lend validity to the work that is being accomplished here, it makes the future of continuing this research uncertain.

"Research is expected to continue at Incirlik through the summer of 2006, but that depends on funding," said Ms. Frankart. "These studies tend to take several years to conduct and analyze and we are still in the phase of collecting information about the germs that cause diarrhea, determining which germs are most common and most important, and how bodies develop immunities to these germs."

Gathering information in these areas aids in the development of vaccines that simulate the same response while testing the best ways to treat diarrhea. This latest phase of the research project is specifically designed to assess how often people at Incirlik get sick, how often people get infected with each of the common germs found here and what impact this illness has on job performance. It also examines how the immune system responds in an attempt to protect against future illness.

"We want to make sure that we can cure people quickly, reduce side-effects and minimize the development of antibiotic resistance," said Ms. Frankart.

Enrollment in this latest phase of research started in March and continues through Dec. 30. Participants who meet criteria must donate stool samples for which they are compensated for with direct access to medical care, \$25 upon enrollment into the research program and another \$25 upon completion. For more information or to get involved, call Ms. Frankart at 6-8601.

Deployed Airmen getting new physical training uniform first

By Staff Sgt. C. Todd Lopez
Air Force Print News

WASHINGTON – When the Air Force chief of staff announced a new fitness standard in July 2003, he promised Airmen a new physical training uniform in which to prepare.

That new uniform is now ready, and Airmen serving in Southwest Asia will be the first to get them, said Senior Master Sgt. Jacqueline Dean, the Air Force uniform board superintendent.

“The beginning of October is when the first shipment really went out,” Sergeant Dean said. “(Gen. John Jumper) wanted us to target Airmen in Southwest Asia as the first recipients of this uniform. Some Airmen will receive the uniforms as early as the middle of November.”

Officials at U.S. Central Command Air Forces designated 13 locations in their area of responsibility as needing the uniforms, Sergeant Dean said.

“For force protection issues, CENTAF (officials) wanted Airmen to be in a standardized uniform,” Sergeant Dean said. “Additionally, all of the other services in the region are requiring their servicemembers to be in service-unique PT gear when they are not in another uniform.”

The new unisex uniform can be worn off-the-shelf, requiring no modifications. It consists of a T-shirt, a pair of shorts and a two-piece nylon running suit. With the exception of the grey T-shirt, the entire ensemble is navy blue. It was designed with comfort and safety in mind, officials said.

“One of the biggest directions from (General Jumper) was that it had plenty of reflectivity,” Sergeant Dean said.

The uniform has enough reflective material on it to ensure wearers are visible from any direction. The running suit top, a kind of lightweight coat similar to what is being used by cadets at the Air Force Academy, features wide reflective stripes that form a ‘V’ across the wearer’s chest and back. Seams on the pants are trimmed with reflective piping, while the shorts feature both a reflective ‘V’ and an Air Force logo. The T-shirt has the Air Force logo on both the front and back.

Wear testing for the uniform began in



Photo by Master Sgt. Efrain Gonzalez

First Lt. Megan Schafer (from left), Staff Sgt. Antwain Wright and Master Sgt. Scott Wagers show off different combinations of the new physical training uniform while jogging here during the wear-test phase. The new uniform will be issued to Airmen serving in Southwest Asia first and phased into the rest of the force over the next three years.

January at Fairchild Air Force Base, Wash., and Wright-Patterson AFB, Ohio. Three hundred Airmen tested the uniforms for both comfort and usability.

“The Air Force Clothing Office first did fit tests to make sure the patterns were correct, then went back to talk to individuals to find what they liked and didn’t like about the uniforms,” Sergeant Dean said. “In one case we found the lining was too long, in another case, the shorts were too full. Appropriate modifications were made based on their input. That all took place and concluded around March.”

Besides reflectivity, some key features of the uniform include two pockets in the shorts; one for a military identification card and one for a key; zippers on the running pants to make it easier to slip them on over a pair of shoes, zippers on the running jacket to aid in ventilation; and a hood in the collar of the jacket.

Total cost for the new uniform is around

\$125. Enlisted Airmen will be given an increase in their yearly clothing allowance to purchase the uniform, those in basic military training will be issued the gear, and officers will be required to purchase the uniform with their own funds. The uniforms will eventually be available for sale in military clothing sales stores.

“We are hoping to start seeing some of the PT uniforms stateside in the January or February timeframe,” Sergeant Dean said. “For now, the distribution plan revolves around those on deployment.”

Sergeant Dean said there is not yet an official mandatory wear date for the uniform. When Air Force officials do set the date, Airmen will be required to maintain a complete uniform in much the same way they do their battle dress uniforms and blues.

Airmen can see the guidelines for wearing the new uniform at www.af.mil/news/wear_policy.pdf.

COMMANDER'S COMMENTS



By Col. Michael Gardiner, 39th Air Base Wing commander

NCO academy

A big pat on the back to **Tech. Sgt. Brian Lewis**, 39th Security Forces Squadron, for earning the distinguished graduate and Commandant's awards at the recent NCO Academy. An outstanding showing ... keep up the good work!

Wing quarterly awards

- ♦ Category I civilian: **Levent Akman**, 728th Air Mobility Squadron
- ♦ Category II civilian: **Vic Hayes**, 39th Services Squadron
- ♦ Company grade officer: **2nd Lt. Jason Roberson**, 39th Operations Squadron
- ♦ Senior NCO: **Master Sgt. Edward Freitas**, 39th Communications Squadron
- ♦ NCO: **Tech. Sgt. Warren Singleton**, 39th Air Base Wing
- ♦ Airman: **Senior Airman Rahsaan Grant**, 39th Contracting Squadron
- ♦ Honor Guard: **Staff Sgt. Nathan Toney**, 39th Civil Engineer Squadron

Congratulations to this quarter's winners. Thanks for your hard work and dedication.

From the frontlines

Senior Master Sgt. William Walton, 39th CES Explosive Ordnance Disposal Flight chief, is deployed at Kirkuk, Iraq, as the EOD

flight superintendent in the 506th Aerospace Expeditionary Group. He and his EOD flight were just recognized as the unit's "Sharp Sabre Team" for their role in providing EOD support to U.S. units in the Kirkuk region, covering 39,000 square miles, the largest area of responsibility for any Air Force or Army EOD team in Iraq.

Combat Wingman

This past week we kicked off our newest Combat Special Interest Program, Combat Wingman. Stress is an inevitable consequence of the job we do, but how we cope with it makes a big difference in how effective we are as an Air Force. Monday's "Wingman Day" was intended to take some time out of our normal duties to focus on the sources of stress in our lives and how to deal with that stress. Everyone needs someone they can turn to for help, advice or just to lend an ear ... that person is your natural wingman. Talk to the other Airmen in your duty section, and make sure that everyone has the right level of "mutual support" to cope with the stress they face. We have a reputation as a service that takes care of its people, but remember, that isn't an organizational responsibility, or a commander's responsibility ... it's everyone's responsibility. Everyone needs to be a good wingman!

AT/FP

Always be aware of your environment, keep a low profile and remember – your eyes and ears are critical weapons in the war against terrorism. Know what to look for. Be aware, be alert and always report the following:

- ♦ Surveillance
- ♦ Elicitation
- ♦ Tests of security
- ♦ Suspicious persons out of place
- ♦ Acquiring supplies
- ♦ Dry runs
- ♦ Deploying assets

As always, report any suspicious activity to the law enforcement desk at 6-3200.

Suicide prevention: It can save a life

Maj. Anthony Muzereus

39th Civil Engineer Squadron commander

I have heard grumblings about suicide prevention training since it was instituted, so the latest grumblings about it taking too much time or putting too much effort into too little a concern are not new complaints.

I am not going to tell you the latest statistics of the sharp increase in suicides in the Air Force, nor am I going to debate about how Air Force statistics compare with the American public statistics. You can get that info in the suicide prevention training. What I am going to share with you are my personal reasons for supporting suicide prevention training – reasons I hope to impart to you.

Each individual's life is worth preserving. Sure, we are all called upon to give our lives

if need be for our country, ideals and each other. However, there is absolutely no reason for someone to die for something preventable in peacetime. You are my brothers and sisters in arms, whether you wear a uniform or not, and there is no reason to lose even one of you due to suicide or lack of safety.

Another reason is even more personal. I had a friend commit suicide in high school.

We knew something was wrong when he didn't show up at the bus stop – he never missed a day of school. If I had known about the warning signs, I might have been able to do something to prevent it. He might have known that a friend really cared. Instead, he left a note for his parents to find next to his body that morning in the garage.

Years later, at my first base, I received suicide prevention training. That training paid off. A fellow second lieutenant in the dorm

was feeling a list of stresses, and she started showing some of the warning signs. I was surprised since she was a sharp officer and never seemed like the kind to even think of suicide, but there were the signs in front of me. I talked with her, listened to her share her feelings and did not leave her alone.

Even though she seemed like she was regaining hope, I was still concerned. When she went to the bathroom, I called a chaplain. Better trained in counseling than me, I let him take charge when he arrived. The story has a happy ending. She even thanked me later for the caring I showed in keeping her from the dead-end road.

So, when the time comes to listen to another suicide prevention briefing, pay attention. I hope you can see how important it is. You could be the first person to notice the warning signs. You could save a life.



Ask MEHMET

By Mehmet Birbiri, *Host Nation Adviser*

Sugar festival

Question: Mehmet, can you tell us about the Sugar Festival?

Response: The Sugar Festival is celebrated by the Moslems at the end of Ramazan, the fasting month for Moslems. It lasts three and a half days. Saturday is the last day of Ramazan and the Sugar Festival starts that day at noon.

Observations of the festival continue through Tuesday.

It is a national religious holiday. Schools and government offices are closed during those days.

It is traditional to wear new outfits during Bayram (meaning festival), so parents get new clothes for their children. Many children are excited about wearing their new clothing on the first day of the festival. The house is completely cleaned a few days before the festival.

The first day is the most important. Everybody wakes up early and men go to the mosque for the special bayram prayer.

After returning from the mosque, all the family members dress up nicely, mostly with new clothes, and another important tradition is practiced: Bayram visits.

Young people visit their elders first. The other relatives, neighbors and friends are also visited. Due to those visits the traffic is quite busy on the first day of the festival.

Bayram visits are kept very short—10 to 15 minutes. Mostly candies, chocolates, Turkish coffee or cold beverages are offered to visitors. People who cannot visit their friends and family members in other towns and cities make phone calls or send cards celebrating each others festival.

Children love those visits and would like to visit as many elders as they can, because it's traditional that elders give pocket money to the children.

Children can easily collect pocket money for one month. But the best part for them, is there is no restriction on how much they spend and how they spend it. Therefore, amusement parks are set up in almost every town during the festival.

Kapicis (doormen at apartment buildings),



File photo

Candy and chocolates are popular gifts during the Sugar Festival, or "Ramazan Bayrami."

trash collectors and Ramazan drummers knock on doors expecting gifts or tips.

Another tradition practiced during the festival is visiting the graves of the deceased family members. The visits to graveyards start one day prior to the festival and continue during the festival.

If you visit your Turkish friends, a box of candy or chocolate would be the most appropriate gift to take. The phrase for celebrating your Turkish friends festival is "Iyi bayramlar" (ee-yee by-rahm-lahr) that means I wish you a happy festival.

Here is another tradition observed by the Turks during the festival, boys born during the festival are mostly given the name of "Bayram." Just like giving the name of "Ramazan" if they are born in the month of Ramazan.

What's in a name?

Question: Mehmet, why is it called the Sugar Festival?

Response: Well, that's good question. Another name for that festival is "Ramazan Bayrami." In Arabic it is called "Id-ul Fitr." To tell you the truth, I really don't know why it is called "Sugar Festival, but I think since sweet things, candies and chocolates are offered during the visits and it is wished to have sweet things during the festival and afterward it's called the "Sugar Festival."

Sugar means "seker" in Turkish and Sugar Festival is called "Seker Bayrami" as well.

Alley shopping

Question: Mehmet, are the shops going to be open during the festival? I especially want to know if the shops at the alley will be

open during the Sugar festival?

Response: As I mentioned before, the first day of the festival, Sunday, is the most active day regarding celebrating the festival. All the shops will be closed on that day. Some shops will be open on the second day and so on.

The alley will be closed on the first day, Sunday, but will be open for the rest of the days.

Showing respect

Question: Mehmet, we visited a Turkish friend's house the other day. The children of the family came and kissed the hand of my wife and I. That was neat. But more interesting than that they put our hands on their foreheads after kissing. Why? What does that mean?

Response: That's another Turkish tradition. By kissing your hands, they show their respect for you. And by putting your hands on their foreheads they mean that they respect you so much that you have a place on top of their heads.

I don't know what you did, but you were supposed to kiss the children on their cheeks. That's how we respond to the ones who kiss and put their hands on their foreheads. That's a sign of our love and sympathy toward them.

The children are given pocket money by elders after that kissing ritual. If you ask me how much money should be given; that depends on the closeness between the elder and the children's family.

Do you have a question about something Turkish? Ask Mehmet. To submit a question, call 6-6060 or e-mail mehmet.birbiri@incirlik.af.mil.

THE INCIRLIK GUIDE

Monday

Parent-teacher conferences — Incirlik High School sponsors parent-teacher conferences from 10:30 a.m. to noon and 1:30 to 3 p.m. at the elementary school multi-purpose room. For more information, call 6-6330 or 6-6484.

Stress Management Class — The family support center sponsors a stress management class today, Nov. 22 and Nov. 29 from 3 to 4 p.m. For more information, call the FSC at 6-6755.

Tuesday

Commissioning — The education center sponsors an Air Force commissioning-opportunities briefing at 9 a.m. The briefing is by appointment only. For more information, call the education center at 6-9664.

Wednesday

Bundles for babies — The family support center sponsors bundles for babies from 5 to 7 p.m. Air Force Aide Society donates a layette to participants. The program is for women in their third trimester of pregnancy. For more information or to sign-up, call the FSC at 6-6755.

Thursday

Budgeting — The family support center sponsors a budgeting class from 1 to 3 p.m. For more information or to sign-up, call the FSC at 6-6755.

International Spouses Group — The family support center sponsors

an International Spouses Group meeting from 5 to 6 p.m. For more information or sign-up, call the FSC at 6-6755.

Upcoming

Family appreciation day — The family support center sponsors military family appreciation day Nov. 20 from 10 a.m. to 2 p.m. at Arkadas Park. The FSC will provide food, ice cream, carnival games, entertainment and activities at no charge. For more information, call the FSC at 6-6755.

Club member event — The Club sponsors "Get in on it," a club member appreciation event Nov. 20. The event includes an Effes Brewery Tour and light lunch. Transportation is provided. Sign up at the Club's cashier cage. For more information, call the club at 6-6101.

Morning Star dancers — The community center sponsors the Native-American performers, Morning Star dancers, Nov. 29 at 6 p.m. For more information, call the community center at 6-6966.

Thanksgiving dinner — The Sultan's Inn dining facility hosts a traditional Thanksgiving meal with all the trimmings Nov. 25 from 11 a.m. to 2:30 p.m. and from 4:30 to 8 p.m. All Department of Defense ID card holders and their families are invited. Pricing is a la carte plus a surcharge. For more information, call the dining facility at 6-3253.

Fund raising opportunity — The base exchange main store starts its annual Community Gift Wrapping Program to help foster community participation. Units or organizations interested in taking advantage of the opportunity to wrap shoppers' gifts for donations can sign-up for the available date

and time of their choice Tuesdays through Saturdays from 9 a.m. to 5 p.m. The BX provides supplies, including tape, gift wrap, scissors, ribbon and location (lobby of the main store). For more information or to schedule a time, call Ann or Sandra at 6-6937 or 6-6543.

Ongoing

Swing dance — The community center sponsors swing dance lessons starting in November. The cost is \$25 per person or \$40 per couple. For more information, drop in or call the community center at 6-6966.



Today

Crossroads Café — The 39th Communications Squadron hosts food, fun and fellowship at the Crossroads Café from 7 to 11 p.m. For more information, call Senior Airman Tianna Milagro at 6-6441.

Saturday

Crossroads Café — Brothers in Christ host food, fun and fellowship at the Crossroads Café from 6 to 10 p.m. For more information, call Senior Airman Tianna Milagro at 6-6441.

Thursday

PYOC — The Protestant Youth of the Chapel seventh to 12th graders Bible study is Thursdays from 7 to 8 p.m. at the Crossroads Café and 3 to 4:30 p.m. Sundays at the youth center. For more information, call Shane or Melanie Parrish at 6-5709.

Upcoming

Pilgrimages — The chapel is sponsoring pilgrimages to Gaziantep, Urfa, Harran and Antioch. For more information, call the Chapel at 6-6441.

Ongoing

Reading Patch Club — Read books and earn patches and prizes at the library. The club is open to grades kinder-

garten through twelfth. Sign up at the library.

CCAF — To get help with starting on a Community College of the Air Force Degree program, call the education center and set up an appointment at 6-3211.

MGIB — For answers to questions about the Montgomery GI Bill, visit www.gibill.va.gov.

Combat Education — The University of Maryland University College now has new dates for upcoming CMST seminars and UMUC advisor visits. The new dates are as follows:

CMST 100A - Introduction to Microcomputers: Hardware and software: Nov. 20 and 21.

CMST 100D - Introduction to Microcomputers: Presentation Graphics: Nov. 27 and 28.

CMST 100 F - Introduction to Microcomputers: Databases: Dec. 11 and 12.

Denise Sokolowski is available to discuss University of Maryland University College library resources Dec. 5 to 8.

UMUC Academic Advisor, Phil Doss, will be at Incirlik to visit students Dec. 6 to 8. Appointments will be taken through Nov. 21.

For more information, call the UMUC office at 6-6658.



Hidden Heroes is a U.S. Air Forces in Europe special interest program that recognizes people and programs that make a difference to the base and community. The program's goal is to increase volunteerism throughout Incirlik and USAFE. To volunteer, call the family support center at 6-6755.

WARRIOR OF THE WEEK



Staff Sgt. Linda Grunwald,
39th Medical Squadron
Bioenvironmental Engineering journeyman

very impressed with the genuine hospitality of the Turkish people. I also enjoy the food and the many extraordinary places to visit around Turkey.

How do you contribute to the air base wing's mission? I am responsible for the environmental sampling on base, which consists of lead-based paint, asbestos, soil and, of course, drinking water.

What is your favorite motto? "Things always work themselves out." Sometimes it's hard to see past whatever catastrophe you're going through at the moment and you may become overly stressed. It's important to remind yourself that eventually everything will be alright.

What Air Force core value best describes you? Service before self.

Supervisor's quote: "Sergeant Grunwald is an outstanding Airman; I can always trust her to take care of the job no matter how small or big," said Tech. Sgt. Alvaro Magana, 39th MDS NCO in charge of Bioenvironmental. "I'm very blessed to have a kind and hard working individual like Sergeant Grunwald."

Time in service: Five years

Hometown: Reading, Pa.

Time on station: Eleven months

Hobbies: Traveling

Why did you join the Air Force? I joined right out of high school for the many benefits that were offered, i.e. college, world travel, getting a jump on a career and learning responsibility.

What do you like most about Incirlik? I am



CLASSIFIEDS

For sale: Child's dark blue metal bunkbed; mattress included, good condition; \$60 OBO. Queen size black metal canopy bed with frame, \$50 OBO. Call 6-5989.

For sale: 1995 Nissan Primera - air conditioner, CD player, automatic windows, 4-cylinder, Japanese specs, runs great, \$1,800 OBO. Call Lenny anytime at 6-5759 or 0535-618-9792.

Job vacancy: A sharp dedicated NCO interested in providing first-term Airmen critical information to begin a successful career in the

Air Force is needed. Applicants must be a technical sergeant or a master sergeant with at least 12 months left on station. Applications are due no later than Dec. 2. For more information, call Tech, Sgt. Jeanna Morgan at 6-6400.

Job vacancy: Technician to provide on-site customer support for PC desktops and workstations and assistance to network DODDS-E customer service support center. Interested persons should send their resume to Gloria Navarro-McDermott, human resources manager, at HRDIV@cox.net.

Job vacancy: Embry-Riddle is looking for a center director of operations. Candidate should possess a master's degree, strong customer service skills and supervision experience. For more information, call the ERAU office at 6-1098.

The key to the right is the solution to the crossword puzzle published in the Nov. 5 edition of the *Tip of the Sword*. For more information, e-mail the *Tip of the Sword* staff at tip.sword@incirlik.af.mil.



YOUR TURN



To submit a question for "Your Turn," call 6-6060 or e-mail tip.sword@incirlik.af.mil

Nov. 11 is Veteran's Day. How do you and your family celebrate?

"I'm TDY here and will be working on Veteran's Day. My plans are to call home since I'm the only military member in my family."

— **Airman 1st Class Ocampo-Ayala Omar,** 39th Security Forces Squadron



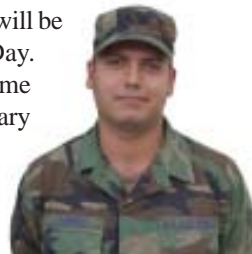
"I'm not with my family, but we usually visit my father's grave, a veteran who died on that day."

— **Cathy Clemons,** club manager



"I'm TDY here and will be working on Veteran's Day. My plans are to call home since I'm the only military member in my family."

— **Senior Airman Robert Torres,** 39th Logistics Readiness Squadron



"I will be working that day and my husband will be watching our girl, Page. I will be thinking of my family who are mostly retired military."

— **Staff Sgt. Kerry Drabek,** 39th Medical Squadron



"Actually you shouldn't celebrate it only Nov. 11, but every day should be a Veteran's Day."

— **Master Sgt. Robert Beauregard,** 728th Air Mobility Squadron

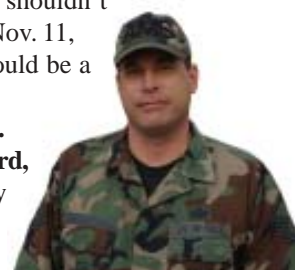




Photo by Senior Airman Dallas Edwards

Paying tribute

Members of the 39th Air Base Wing honor guard place a wreath outside the 10th Tanker Base headquarters building Wednesday in honor of Mustafa Kemal Ataturk, the founder and first president of the modern Republic of Turkey. Wednesday marked the 66th anniversary of Ataturk's death, and the entire country stopped for two minutes at 9:05 a.m., the moment of his death. This included all vehicles and pedestrians. The beginning of silence is announced by blowing sirens; car horns; and train, ship and factory whistles. Flags are lowered to half-staff, and the national anthem is played at ceremonies in schools, military units, government offices and factories.



AT THE MOVIES

At the Oasis

Today

Sky Captain and the World of Tomorrow (PG) – Starring Jude Law and Gwyneth Paltrow. Ace reporter Polly Perkins has noted the sudden disappearances of many of the world's most famous scientists. She decides to team up with her old flame and aviation officer Joseph "Sky Captain" Sullivan and fly around the world in search of Dr. Totenkopf, whose plan is to create a "World of tomorrow" and destroy the one of today. Showing at 7 p.m. (107 minutes)



Exorcist: The Beginning (R) – Starring Stellan Skarsgard and James D'Arcy. Father Merrin thinks he glimpsed the face of Evil. Merrin travels far from his native Holland in a desperate attempt to escape the horrors

that he witnessed there. While drifting from place to place, he finds himself in the place where Evil was born, Merrin will finally see its true face. Showing at 9 pm. (114 minutes)

Saturday

Sky Captain and the World of Tomorrow (PG) – Starring Jude Law and Gwyneth Paltrow. Showing at 5 p.m. (107 minutes)

Vanity Fair (PG-13) – Starring Reese Witherspoon and James Purefoy. Becky is orphaned at a young age. Even as a child, she yearns for a more glamorous life than her birthright promises. Becky resolves to conquer English society by any means possible. She deploys all of her wit, guile and sexuality as she makes her way up into high society during the first quarter of the 19th century. Showing at 7 p.m. (141 minutes)



Sunday

Anacondas: The Hunt for the Blood Orchid (PG-13) – Starring Johnny Messner and Morris Chestnut. A scientific expedition is sent to the jungles of Borneo to search for a rare black orchid by a powerful pharmaceutical company. What they discover is the orchid is already being used by a swarm of giant snakes that derive their super strength,

size and vitality from the flowers. Showing at 7 p.m. (97 minutes)

Thursday

The Cookout (PG-13) – Starring Storm P and Eve. Todd's newfound wealth means his relationships with the people in his life are bound to change. He decides to throw the family cookout his family has always had in his new neighborhood, which means there's going to be culture clashes between his new and old friends, and those who like him for him, and those who like him for his money. Showing at 7 p.m. (85 minutes)



At the M1

King Arthur (PG-13) — 11 a.m., 4 p.m., 7 p.m., 9:30 p.m. and 11:45 p.m. (126 minutes)

The Forgotten (PG-13) — 11:45 a.m., 1:45 p.m., 6:45 p.m., 9 p.m. and 11:45 p.m. (96 minutes)

Alien vs. Predator (R) — 1:30 p.m., 4 p.m., 6:45 p.m. and 9 p.m. (105 minutes)

For more information and updates, call the movie recording at 6-6986 or the theater office at 6-9140. The provision of movie information does not constitute an endorsement by the 39th Air Base Wing, U.S. government, Department of Defense or Department of the U.S. Air Force. For more information, call the theater at 6-6986.